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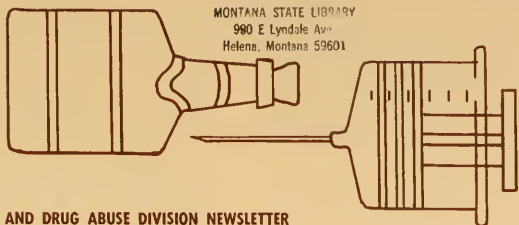
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MONTANA ALCOHOL AND DRUG ABUSE DIVISION NEWSLETTER

Volume 3, Number 3

Fall, 1977

## Workshop Covers Substance Abuse Among Elderly

A two-day workshop concerning drug use and the elderly and featuring as facilitators Betsy Epstein, R.N., and Ron Gaetano, R.Ph., was held Nov 17-18 at Silver Bow General Hospital in Butte. The workshop was cooperatively sponsored by ADAD and "Changes," the Butte Satellite of SMDP.

Mary Todd (Betsy) Epstein is a health educator affiliated with Seniors' Health Program, Augustana Hospital in Chicago, Ill., and writes a biweekly health column as health education editor for a Chicago area newspaper.

Ronald J. Gaetano is Executive director of Broome County Drug Awareness Center in New York. He is a consultant to the Medical College of Pennsylvania, and has designed and conducted workshops on drug use among the elderly for consumers and paraprofessionals in several states. He is President of the National Free Clinic Council; Co-chairman of the 1977 and 1978 National Drug Abuse Conferences and the National Task Force on Drugs and the Elderly, and an educational consultant to the U.S. Civil Service Commission. He is author of numerous publications including a program design for criminal justice referrals, a marijuana abuse program design for sixth graders and a book about drug use written for the elderly.

The first day of sessions was geared for professionals and paraprofessionals who work with the elderly, such as nurses, social workers, hospital and nursing home staff and program workers. The second day of activities was designed more specifically for elderly consumers.

The overall purpose of the workshop was to increase awareness of workers who deal with elderly clients of the problems surrounding drug use among the elderly, as well as to conduct direct health education with the elderly.

## ADB Becomes ADAD

Reorganization of the Addictive Diseases Bureau, Addictive Services Division, Dept. of Institutions to form the Alcohol and Drug Abuse Division (ADAD), is now complete. The process began on July 1, 1975, when the Addictive Diseases Unit was transferred to Dept. of Institutions from the Governor's Office, and Alcohol Services Division was transferred to Dept. of Institutions from the Dept. of Health.

Following development and justification of a new organizational chart for the Department, the final step was approval of the new organization by Governor Thomas L. Judge.

The new ADAD is composed of two bureaus, Program and Community Development Bureau and Reporting and Evaluation Bureau, which are responsible for both alcohol and drug abuse activities and planning. ADAD is presently staffed by 15 employees.

## DWI Court School Underway

In cooperation with the Highway Patrol Bureau, ADAD has developed a Court School Program for DWI offenders, to be implemented through the Highway Traffic Safety Division of the Dept. of Community Affairs, by approved alcohol programs across the State.

Participants in the court school are individuals who have been arrested, charged and convicted for driving while intoxicated, and sentenced to participate in the court school by a local court.

The school consists of five sessions totaling ten classroom hours according to Ron Spurlin, State coordinator for the program. The first session includes an initial evaluation test, a review of legal implications and the film "So Long Pal." The following sessions each average about two hours in length and cover medical and physical implications of alcohol and drugs using the film "Medical Aspects of Alcohol," social and psychological implications with the film "The DWI Decision," driving skills with the film "Under the Influence," and personal countermeasures with the film "Chalk Talk" or "Guidelines." The series is concluded with post evaluation testing and referral of participants to available services as necessary.

Although all offenders sentenced to the program may participate, Spurlin said that the main thrust of the court school program is to impact first time offenders. A major function of the program is to increase outreach and referral services available to those convicted of DWI.

## New Substance Abuse Staff Hired at Three Montana Institutions

Substance Abuse counselors were added to the staffs of three State institutions this September, supported by a combination of drug abuse, alcoholism and Law Enforcement Assistance Act (LEAA) funds. The Alcohol and Drug Abuse Division initiated the program by submitting a funding proposal to Montana Board of Crime Control, the State LEAA agency.

The new counselors are John Brekke, previously with District II Public Alcoholism Program in Sidney, now located at Swan River Youth Forest Camp in Lake county; Bob McKinnon, previously with Dillon Problem Drinkers Center in Dillon, now located at Deer Lodge State Prison in Powell County; and Bob Frey, previously a counselor at Pine Hills School in Miles City, who will remain at the School in Custer County and expand the scope of his counseling services.

The new counselors have attended training sessions at the State office and will receive continuing training in client counseling, management skills, treatment, prevention and education along with other local program workers.

Spurlin said that both the Dept. of Institutions and the Dept. of Community Affairs are mandated to participate in the court school by HB 251, passed by the 1977 Legislature. The new law provides that the individual court may, at its discretion, "suspend the execution of any sentence . . . on the condition that the defendant successfully complete a course in a driver improvement school approved by the court or an alcohol treatment program approved by the Dept. of Institutions."

The new law also provides that the Division of Motor Vehicles, by recommendation of the court, may "issue a restricted probationary license in lieu of the suspension required . . . on the condition that the individual attend a driver improvement school or an alcohol treatment program if one is available."

## Women's Task Force to Draft Plan Component

A State Plan component outlining goals and objectives for ADAD activities related to women is in preparation by a State Task Force on Women and Substance Abuse, and should be complete by the end of this year.

The State Task Force, presently composed of Sidney Armstrong, a representative of Montana's First Lady Carol Judge, female State Alcohol and Drug Abuse Advisory Council members Martha Herlevi, Peggy Skelton, Sharon Peitt and Kathryn Hanrahan, and State office staff members Norma Jean Murphy and Rod Gwaltney, should be expanded to about fifteen members by this time.

At an organizational meeting held Oct. 11 at Dept. of Institutions in Helena, the Task Force heard an overview of national efforts and a summary of a State Report on women and substance abuse, prepared and delivered by Norma Murphy at the National Task Force meeting, Sept. 28-30, in Washington. The State Report, based on State data and on 120 responses from 200 questionnaires mailed to substance abuse program staff, addressed such areas as outreach, access to treatment and prevention services, employment and data collection.

Among preliminary findings of the Task Force is the need for attitude training on women in treatment for counseling treatment staff. Nationally, women have been found to have distinctly different problems from men and, as well, do not reach treatment as easily or in as great numbers as men. Though national statistics place the number of alcoholic women at about one-fourth the number of men, many experts place the true ratio closer to one-for-one, giving rise to the concept of the "hidden" woman substance abuser.

State Task Force members are presently developing individual mission statements and itemizing goals which they feel should be addressed, to be combined into the single State Plan component. The Task Force will also make recommendations for establishment of Statewide policy and encourage organization of regional and local task forces.

# Certification System Made Voluntary

Montana's substance abuse staff certification program has undergone major alterations as a result of a meeting with the Legislative Administrative Code Committee on Sept. 8, 1977. At that meeting, which was a necessary intermediate step for the planned implementation of mandatory staff certification standards, the Committee decided that the Department of Institutions had no authority to institute mandatory licensing under the current Administrative Procedures Act.

As it is currently written, the Act does not specifically state that the Department can certify or license workers. The next Montana Legislative Session in 1979 would be the first opportunity to change the wording of the Act.

As a result of the Committee's decision, training staff has canvassed Montana's substance abuse counselors during October and November to determine their willingness to participate in a strictly voluntary certification program. The overwhelming majority of program staff members

opted for a voluntary program of counselor and management certification.

Trainer Ken Ideus will be responsible for implementation and management of the voluntary system. Although most other states have experienced difficulty in implementing formal certification standards, Montana may be the only state to meet this difficulty by establishing a fully voluntary system.

Delay in implementation of certification means that planned activities associated with the State Training and Support Program (STSP) training grant will be cut back by nearly one-half. The delay will be beneficial, says Ideus, because a broader and firmer base for certification can be created through inclusion of task analysis research which has been conducted in Idaho and California as well as Montana. This research will form a basis for a proposed set of revised standards which, according to Ideus, should substantially reduce the number of skill and subject areas considered from the present total of 42.

The revised certification implementation schedule states completion of revised standards for early 1978. Also planned is a more systematic approach for field staff input on the revised standards. Plans for revising the present certification committee structure and membership should be proposed to the committee in late November. A new, greatly simplified computerized needs assessment system is in development and is scheduled for first run implementation in mid-May of 1978.

Following completion of standards revision, Ken Ideus will visit each local substance abuse program to explain the system and to schedule a second visit to conduct a new training needs assessment. Further questions on certification should be directed to Ken Ideus at the State office.

## Training Section Reorganized

Following development of certification as a voluntary system, transfer of trainer Rod Gwaltney to prevention and the hiring of Les Tanberg as a new trainer, the ADAD training section is being reorganized.

Tanberg will be responsible for coordinating and delivering the bulk of all training and for completing all present training contracts. Ken Ideus will be primarily responsible for implementing the voluntary certification system for counselors and for program administrators, but will also continue to conduct some training events.

Though no longer involved in direct training, Rod Gwaltney will continue to work with the new training section as required to develop prevention activities and projects.

Terry Standtiff will continue to serve as section supervisor and to conduct some training events. He will also be responsible for conducting all training research and plans to initiate two new projects this year. One of these projects will involve researching certification standards for administrative staff, while the other will deal with measurement and matching of the learning "style" of about 20 per cent of the Montana training population with their training program design.

Standtiff says that the overall training program will be similar to last year with training events scheduled every month. Major differences will be increased emphasis on management skills training, therapy techniques, and on advanced counseling techniques.

The present State Training Support Program (STSP) Contract between ADAD and NIDA will continue until June, 1978.

## New MIADS Director Plans Half-way House

A half-way house for Indian substance abusers is being planned by Missoula Indian Alcohol and Drug Service (MIADS), under the leadership of the new Executive Director, Tom Jones, MSW.

Jones came to MIADS from Portland, where he was director of the Indian Education Act Project for Portland Public Schools. Prior to his work with the Portland school system, Jones worked with Seattle Indian Center at Portland State University, did graduate work at Western Washington State Hospital, Ft. Steilacoom, Wash., and in the Seattle Public School System. He earned his BA Degree in Social Work in 1971 at Eastern Washington State College, Cheney, Wash., and his MSW Degree in 1973 at University of Washington, Seattle, specializing in psychiatric social work and community development.

MIADS is not a new program. It was incorporated and first funded in October of 1973, and since that time has provided counseling for Indian inmates at Deer Lodge State Prison by volunteers from the Indian community.

Inquiries about the half-way house and other Alliance activities should be directed to MIADS, 410 W. Railroad Street, Missoula, MT 59801, 721-2700.

## SAC Committee To Review Mini-Grant Proposals

A total of 25 applications requesting \$1,000 maximum Mini-Grants for Drug Abuse Prevention were received by ADAD prior to the Oct. 31 application deadline.

According to Prevention Coordinator Rod Gwaltney, he will contact applicants to clarify applications as necessary during November. The proposals will be evaluated by a committee composed of Gwaltney and three State Advisory Council members on Dec. 7. Funding decisions will be finalized the following day at the State Advisory Council general business meeting at the Dept. of Institutions in Helena.

The Mini-Grant Program is presently assured of only \$10,000 in funding according to Gwaltney, though additional funding may be located before Dec. 8. This means that only ten proposals are assured of funding, with the remainder to be assigned a priority order and funded as funds are available.

Applicants include substance abuse treatment programs, religious organizations, consulting groups, community organizations, schools, Native American groups, a women's group and a city/county health dept., representing all five sub-State planning regions. Among the applications, 18 have specific impact on youth, 8 on Native Americans, 5 on parents, 2 on health workers and one on women.

## Rod Gwaltney Named Prevention Coordinator

The appointment of trainer Rod Gwaltney as Prevention Coordinator was confirmed in late October, retroactive to August 8 when Gwaltney was named acting Prevention Coordinator. Rod will supervise planning and programming for alcohol and drug abuse prevention and education programs in Montana.

Rod is at present closely involved with developing a Statewide Comprehensive Prevention Program component for inclusion in the FY78 State Plan for Substance Abuse Prevention. He is also supervising the Mini-Grants for Drug Abuse Prevention Program.

The Alcoholism and Drug Abuse Division will participate in the National Drug Abuse Prevention Week campaign scheduled by NIDA for late January. Rod will coordinate distribution of materials prepared by NIDA and scheduling of events planned in State.

Gwaltney coordinated the traveling multi-media presentation "I'm So Lonesome I Could Cry: Alcohol in the Life of Rural Montana," put on by University of Montana instructors Dick Shields and Jim Scheerer in Culbertson, Ennis, Lame Deer and Superior during October and November. He also coordinated a November seminar on drug abuse and the elderly in Butte.

As important tasks facing prevention workers, Gwaltney lists the need to impact on specific target populations and the need to introduce coping skills training to provide realistic alternatives to drug abuse. Training and working toward a positive life-style change for potential abusers, Gwaltney says, can best be accomplished by providing positive alternatives.

Previous prevention programs have been directed primarily toward youth. Gwaltney feels this emphasis should include Indians, women and the elderly. Along with Norma Murphy, Rod is involved in planning and organization of the Montana Task Force on Women and Substance Abuse.

In addition to Drug Abuse Prevention Week, Gwaltney lists among upcoming activities continuation of the Mini-Grants for Drug Abuse Prevention program, training components in youth problems and media utilization for program workers, and planning for a free street theater project which deals with drug abuse.

## VIP Bus Tour Highlights Glasgow Council Meeting

The Montana State Advisory Council for Alcohol and Drug Abuse Prevention toured Valley Industrial Park, formerly Glasgow Air Force Base, by bus on Nov. 7, prior to holding a general business meeting in the base hospital facility.

The Council heard a presentation by Jim Holmes, President of Valley Industrial Park (VIP), a private non-profit corporation created in Valley County to promote utilization of the retired Air Force base. Holmes discussed the suitability of the base and hospital facility as a substance abuse treatment center, noting the availability of a variety of ancillary services and facilities such as a gymnasium in the base complex. A contract was negotiated with VIP for establishment of a treatment facility on the base.

The Council also heard representatives from Comp Care, a private-for-profit corporation specializing in hospital-based programs for alcoholism and behavior disorders, with a proposal for a Statewide Alcoholism Prevention Media Project with a price tag in the neighborhood of \$20,000.

Urban Indian program representatives from Herd-in, Havre and Billings discussed proposals for establishment of a pilot, off-reservation alcoholism treatment program for which \$30,000 in federal funding is available. A Council sub-committee composed of Joseph Plumage, Peggy Skelton and Kay Hanrahan will review proposals for a decision at the next Council meeting, slated for Dec. 7-8 at Dept. of Institutions in Helena.

The Council also approved expenditure of about \$14,000 for a new boiler and storm windows at Providence Alcoholism Center in Great Falls.

Rod Gwaltney updated the Council on progress of the Women's Task Force on Substance Abuse, requesting that involved Council members prepare mission statements and itemized goals for discussion at the next business meeting. Gwaltney also noted that the scheduled meeting of Regional Task Force representatives has been postponed until after the holiday season.

Mini-Grants for drug abuse prevention were also discussed and a three-member committee including Martha Herlevi of Red Lodge, Robert VanHorne, Ph.D., of Missoula, and Lt. Gary Hall of Great Falls, was formed to review the proposals for final funding decisions at the December meeting.

**DIRECTOR WANTED for Alcohol Detox Unit.** Must Be RN with 5 yr. exp. and emergency room exp. Equal Opportunity Employer. Contact: Providence Alcoholism Center, 920 4th Ave. N., Great Falls, MT 59401, 727-2512.



#### FEED THE HABIT!

Editorial comments, questions, letters, cartoons, sketches, photographs, job opportunity listings, client statements and discussions of professional research are welcome, along with news items and clippings of note.

Please address submissions to The Habit, ADAD, 1539 11th Ave., Helena, MT 59601.

## Editorial . . .

by Dick Rice

Director of Treatment and Rehabilitation  
Southwestern Montana Drug Program

During the never ending process of trying to keep abreast of all the printed data related to drug abuse and drug abuse treatment, I came across a study by the National Institute of Mental Health, the results of which were published in the August, 1977, issue of the Washington Drug Review.

The study, "An Investigation of Selected Rural Drug Abuse Programs," identified the "kinds" of clients served in rural drug treatment programs. It also dealt with the types of drugs rural clients claim as their primary drug of abuse.

There were several significant findings which both renewed my energy and challenged me to examine my own goals in relation to the program (SMDP) and the people we serve.

(1) 66% of all admissions to treatment in urban programs claim an opiate based drug as the primary drug of abuse. In rural programs, opiate abusers make up only 8.1% of the admissions.

(2) More than 33% of rural clients are 18 years of age or younger, compared to 7% of clients in urban programs.

(3) The large number of younger clients does not mean that rural programs do not treat serious problems, for the study also found that the rural clients are "perhaps more psychologically disturbed than their city counterparts."

SMDP is a rural drug abuse treatment program. Although SMDP was not one of the rural programs studied, we also serve a large number of people 18 years old and younger (40% of those in treatment) and we don't treat nearly as many opiate abusers as urban programs.

It seems our counselors may well face more serious, or at least equally serious, disturbances and have fewer support resources available in some of our communities than the treatment staff of urban programs.

Younger clients need different treatment plans, focus and direction than older clients. Our treatment plans, because of the ages of our clients, will reflect different use of required support services than those of an urban program.

The study noted that, based upon clients' age and the drugs most frequently abused (amphetamines, tranquilizers, sedative/hypnotics, etc. in our program), treatment plans for rural clients will make significant use of educational, recreational, and psychological resources and potentially make less frequent use of legal, vocational, and other resources.

I think these findings reinforce the work SMDP staff is doing. When I allowed myself time to think about what this means to our counselors, who are responsible for producing some kind of positive change with program clients, I felt good. I felt good about our contacts with schools and available alternative education resources. I felt good about the people we enter into treatment. We are reaching those who need our services. We are doing some good family therapy, as would be appropriate because of client ages and living arrangements.

But most of all, I felt good about the staff working for SMDP. They have worked long and hard and have tried to meet expectations.

Probably all of us working for or associated with our program are familiar with the federal model for out-patient drug programs based upon urban characteristics and the past emphasis upon heroin addiction. SMDP does not fit that model. But that does not mean our services are less important than those provided in urban settings. It means we feel frustration sometimes, but are no less important.

We (SMDP) will continue our efforts to identify and respond to client needs. I support the structuring of recreational supplements to the in-office treatment process.

When I try to sort out the things to be said, I think what it comes down to is a thank you. Thanks to each SMDP satellite and affiliate staff member.

#### SMDP NOTES

## Satellite Staff Changes:

Helena Satellite: Effective September 30, Judi Pollard has resigned her Outreach Worker II position.

Fred Fisher has transferred from the Anaconda treatment staff to the Helena Outreach Worker II position vacated by Judi, effective October 1.

Anaconda Satellite: Mike Mohs has been hired to replace Fred and will begin work about October 13. Mike has previous work experience at Mountain View School in Helena and is also familiar with the agency personnel in Anaconda, having lived and worked in Anaconda. Mike has a B.A. in Sociology from the University of Montana in Missoula.

Bozeman: Paul Pelouquin has replaced Karel Scott as the head counselor at the Gallatin Council on Health and Drugs. Paul's educational background includes an M.A. in Guidance Counseling. He has previously worked in New Mexico in drug treatment and mental health settings.

Caroline Barr was hired at Bozeman by GCH&D, effective September 19, to work half-time in the Livingston area. Caroline is living in Livingston and working on her Master's Degree at MSU. She has a B.A. in Psychology and previous treatment experience in Indiana and Kentucky.

Missoula: The Missoula Drug Treatment program, effective September 26, hired Bob Marsenich. Bob previously worked in Missoula as an intern.

Bob will work part time until he graduates from the University of Montana in Social Work in December, following which he will become a full-time MDP employee.

## Bozeman FAR Conference to Feature Takia

The Families Are Responsible (FAR) program conducted by Gallatin Council on Health and Drugs (GCH&D) in Bozeman has scheduled a conference, "How to Win With The Family," Friday, Jan. 27, at the Holiday Inn in Bozeman. The conference will feature child specialist Dr. Richard Takia of Salem, Oregon, and will deal with everyday problem solving and communication skills for both professional service providers and families. The \$7.50 registration fee will include a luncheon.

The FAR program is entering its second year of activities and, according to coordinator Marie Harland, is enjoying greatly improved acceptance and is involving about 40-50 persons per week.

The free program offers a two-hour session one night per week for six weeks. Child care while attending sessions is also offered to parents at no cost. Topics of each series vary according to the interests and needs of participating parents, so that the program is not prefabricated for all groups.

This year, an effort has been made to utilize professionals from local organizations as speakers and to organize distinct groups of parents, such as those with newborn, pre-school, junior and senior high school-aged children.

FAR program joint coordinators Julie Wagner and Marie Harland, both with masters-level degrees,

## HB 627 Funds Flowing To Cities, Counties

Approved alcoholism programs in Montana will receive a financial boost beginning this November as alcohol tax money begins flowing to counties and cities. HB 627, passed by the 77 State Legislature as an amendment to the Uniform Alcoholism Act, provided for collection of an additional beverage tax to be divided among the State, cities and counties.

The city and county shares are available for treatment costs and to offset additional law enforcement costs. The State share will be used to support Galen State Hospital, to fund local programs and to support State training programs and general operations.

All funds are specifically earmarked for alcoholism and may not be spent for drug abuse related activities. Similarly, funds may be received only by State approved alcoholism programs. Of the \$800,000 State share for 1977, \$400,000 has been spent to supplement local programs thru Oct. 31, 1977.

## NW Conference Report:

Dick Rice, Director of Treatment and Rehabilitation for Southwestern Montana Drug Program, would like to stimulate better communication between program management and treatment staff over "what to expect from treatment."

When Rice and Don Kinzie attended the Northwest Regional Conference on Drug Abuse and Human Services, Sept. 18-20 in Portland, Oregon, Rice found this point emphasized throughout the conference. Realistic expectations of treatment outcomes, says Rice, will help program directors to "sell their programs to communities," and "to be well received by those making funding decisions and payments." Also emphasized at the conference was the need for programs to fund their work through sources outside of State and federal government.

Keynote speaker for the conference, Ted Schramm of the White House Office of Drug Abuse Policy, outlined the need to enlist the support of third-party payors such as insurance companies and industries in controlling drug abuse.

"It is important for more industries," he said, "to learn that they lose important trained resources when they simply dismiss employees with drug-related problems. It is not unreasonable to enlist the aid of the insurance companies and third-party payors to help rehabilitate a man with four to five years of experience at running a landfill."

Rice and Kinzie attended conference workshops on rural treatment alternatives to incarceration, juvenile diversion and treatment for the elderly, and should have relevant materials available for distribution to staff.

are part time GCH&D staff who originally worked on developing youth alternative programming, such as summer and winter camps, for junior and senior high school students in Bozeman. Wagner is a member of Montana Advisory Council on Children and Youth (MACCY) and notes that MACCY members are particularly invited to the January conference.

The FAR program initiated a group in West Yellowstone on Nov. 14, and plans to start another group in Three Forks in January.

Don Kinsey, Executive Director of GCH&D, said the FAR program was originally intended as a model demonstration project. In light of the excellent acceptance of the second-year program in the Bozeman area (a sure sign of acceptance, according to Kinsey, is the fact that men are even starting to sign up for the program), GCH&D is willing to assist in the establishment of similar programs elsewhere in the State.

For additional information, contact GCH&D, P.O. Box 1375, Bozeman, MT 59715, 587-1238.

## Grants Available From Hill Family Foundation

ADAD has received notice of the availability of grants from the Louis W. and Maud Hill Family Foundation for "sociological studies and support for societal problem areas of alcoholism, crime, drug abuse, and in the areas of rural, urban, and family concerns."

An average of eighty grants are awarded per year, ranging from \$10,000 to \$50,000 for "support of research, experimentation and demonstrations which give promise of having significant effects within their fields and for which there is not now general support." Grants are not made to individuals, to capital fund campaigns for physical plant, equipment or endowments, or for religious programs of particular denominations.

Since applications are processed at monthly meetings of a board of directors, there are no specific deadline dates for applications. Approximately three months are required for processing of a proposal.

Interested programs should submit a brief statement concerning the project proposed, along with a request for a formal proposal outline to: John D. Taylor, Secretary and Executive Director, Louis W. and Maud Hill Family Foundation, West 975 First National Bank Building, St. Paul, Minnesota 55101.



# Fetal Alcohol Syndrome Top DD Priority

Fred Barte, Executive Director of Anaconda Work Activity Center, introduced a resolution calling for development of programs for prevention and treatment of fetal alcohol syndrome during the Oct. 26-28 Developmental Disabilities Congress held in Billings. This top priority resolution of the Health, Prevention and Treatment Committee will be transmitted to various departments of State government, including the Governor's Office and legislative committees.

According to the Sept.-Oct., '77, FDA Drug Bulletin, excessive use of alcohol by women during pregnancy can result in the fetal alcohol syndrome, characterized by "behavioral, craniofacial, limb, and neurological anomalies and, in nearly 50 percent of reported cases, cardiac septal defects, genital abnormalities and hemangiomas (tumorous growth of blood vessels). Primary anomalies of the head and face include microcephaly (small head), short fissures of the eyelids, midfacial defects, and a flattened elongated vertical groove in the upper lip. Malformations of the hands include abnormal palmar creases and joined, deviated, or permanently flexed fingers and toes. The IQ's of affected individuals average 35-40 points below normal.

"Studies in animals corroborate observations that alcohol is a potent teratogen (agent which causes fetal malformation) which also increases the incidence of stillbirths, resorptions and spontaneous abortions."

"The risk and extent of abnormalities in both humans and animals appear to be dose related; both

increase with increase in maternal alcohol intake. Pregnant women should definitely refrain from "binge" drinking. High blood alcohol levels may produce malformations during the first trimester and growth retardation during the third trimester. Although the latter is yet to be confirmed in humans, in one recent study, 32 percent of infants born to heavy drinkers demonstrated congenital anomalies, compared with 9 percent in the abstinent and 14 percent in moderate drinkers. Microcephaly was frequently observed."

NIAAA cautions that "while totally safe levels of drinking are unknown, a risk is apparently established with ingestion of the equivalent of 3 oz. of absolute alcohol, or about 6 drinks per day. The risk for lesser amounts is uncertain but caution is advised. Because the peak blood alcohol concentration is probably the most critical teratogenic factor, physicians should alert each patient not to exceed 2 drinks a day, even if she normally drinks alcoholic beverages only once per week, month or year.

"Physicians should discuss drinking habits with patients of childbearing age and inform them of the risks involved. Women with chronic and severe drinking problems should be discouraged from becoming pregnant unless these problems are brought under control.

## Certificates of Need OKed For Miles City, Glasgow

Certificates of need have been granted by Hospital and Medical Facilities Division of the Dept. of Health for substance abuse program facilities at both Glasgow and Miles City. Glasgow was approved for 30 beds, while Miles City was approved for 15 beds with the restriction that no State funds be sought to support the facility during the current biennium.

The certificates of need were granted following a public meeting conducted by Montana Health Systems Agency in Glendive and a State meeting held in Helena.

The Glasgow program should be first off the ground and is expected to be partially operational by Jan. 15 next year, following remodeling and partial staffing.

The State Advisory Council for Alcohol and Drug Abuse toured the Glasgow Air Base and hospital facilities and negotiated a contract for initial renovation Nov. 8.

## 5 Groups Compete for Pilot Program Funds

Five community urban Indian programs are presently competing for \$30,000 in federal funds available for development of a pilot Native American alcoholism program for Montana. The funds were made available in response to a study, "Alcoholism and Montana Indian People: Toward an Off-Reservation Solution," prepared by the Montana United Indian Association and conducted by Clint Grimes under an Addictive Diseases Bureau grant.

Three of the five programs, Billings, Hardin and Havre, made verbal presentations Nov. 8 at the State Advisory Council meeting in Glasgow. A Council sub-committee composed of Joseph Plumege, Peggy Skelton and Kay Hanrahan will review all the proposals, including two from Missoula and Butte, on Dec. 7, the first day of a two-day Council meeting scheduled in Helena at Dept. of Institutions. The final funding decision will be made Dec. 8.

The Grimes study recognized that "Montana's Indian people are a distinct, unique cultural minority with traditions, values and even linguistic differences, and that the Indian lives, not necessarily by choice, in two cultures." The Study recommended that "Alcoholism treatment for Montana Indian people, and particularly the follow-up portion of treatment, should be centered on these cultural distinctions."

Specific recommendations also included establishment of off-reservation, Indian centered half-way and three-quarter houses, training and hiring Indian counselors for existing treatment centers dealing with Indian clients, and focusing counseling and prevention efforts on the Indian alcoholic's family within the Indian cultural context.



TRAINER TANBERG

## Introducing— Les Tanberg

Les Tanberg joined the Alcohol and Drug Abuse Division Training Section early in November. Les is a native Montanan whose parents were raised in the Stanford area near Great Falls. As a member of an Army family, Les has traveled extensively both in the country and overseas.

Tanberg earned his bachelor's degree in social science in 1969 at MSU in Bozeman, specializing in sociology and psychology. He completed his master's in counseling in 1971, also at MSU. Les is presently working toward completion of a second master's degree in applied behavioral science at Leadership Institute in Spokane, through Whitworth College in Spokane. He also spent a year during 1974-75 at U of M in Missoula, studying learning disabilities and psychology.

When the Helena Satellite of the Southwest Montana Drug Program was established in 1973, Tanberg served as the center's first director. He has also worked for Youth Development Bureau in Helena and for the Developmental Disabilities program in Spokane.

Les was hired as Training Officer III and will be concerned with both drug and alcohol abuse training.

Tanberg lists his outside interests as anything connected with the out of doors, including photography, fishing, canoing and hiking.

## UM Grad Student Wins ADAD Assistantship

Paul Bach, a 26-year-old graduate student in clinical psychology at University of Montana in Missoula, has been selected for a 12-month assistantship, awarded by Alcohol and Drug Abuse Division to UM's recently formed Ad Hoc Alcohol Studies Program.

A native of Sheboygan, Wis., Bach received his bachelor's degree magna cum laude in psychology and philosophy from Hope College, Holland, Mich., in 1974. He was awarded the master of divinity degree from Western Theological Seminary in Holland in 1977. He is a member of Psi Chi, a psychology honorary, and Phi Beta Kappa, a scholastic honorary, and has received numerous scholarships, awards and assistantships.

Bach will be working on various research projects under the supervision of Dr. James M. Schaefer of the UM Anthropology Dept. and Richard O. Shields of the UM Social Work Dept., who are co-directors for the Ad Hoc Alcohol Studies Program.

Shields and Schaefer traveled to Culbertson, Ennis, Lame Deer and Superior during October and November to deliver the multi-media presentation "I'm So Lonesome I Could Cry: Alcohol in the Life of Rural Montana." The alcohol education series is presented in schools and also in a general town meeting format to provide medical and social perspectives on alcoholism.

## Antidiscrimination Regs Are Extended to Abusers

Two Federal departments have made it clear that alcoholic persons are included in the definition of handicapped persons given protection from discrimination in Federally funded programs or activities by the Rehabilitation Act of 1973 and subsequent amendments.

The position of these agencies — the Department of Health, Education, and Welfare and the Department of Labor — is consistent with the opinion of the Attorney General that alcoholic persons and drug addicts are handicapped persons within the meaning of Sections 503 and 504 of the Act.

The regulations interpret the law as forbidding discrimination against the handicapped by any recipient of HEW funds, not only in relation to program participation, but also in employment practices.

HEW's Office for Civil Rights (OCR) will be developing guidelines to implement the regulation as it relates to alcoholic persons and drug addicts, according to John Wodatch, director of the Office of New Programs, OCR.

There appears to be a need for a campaign to obtain greater public awareness regarding the alcohol and drug provisions of Section 504, he said at a recent meeting of the Treatment and Rehabilitation Working Group of the Interagency Committee on Federal Activities for Alcohol Abuse and Alcoholism.

Section 503 of the Rehabilitation Act, implemented in final regulations published by the Labor Department in 1976, prohibits employment discrimination against qualified handicapped persons by any employer with a Federal contract of \$2,500 or more.

Such employers must also take affirmative action to hire and promote qualified handicapped persons, including those with alcohol or drug problems, as Donald Elisburg, assistant secretary of labor for employment standards, noted in a special announcement recently.

"Our government spends a considerable amount of money each year to rehabilitate people with alcohol and drug problems, to help them again become employable, productive citizens," Mr. Elisburg said. "It would be incongruous to turn around and deny them protection under the anti-discrimination law."

For more information, contact John Wodatch, Director, Office of New Programs, Office for Civil Rights, Department of Health, Education, and Welfare, Wash., D.C. 20201, or Donald Elisburg, Assistant Secretary for Employment Standards, Department of Labor, Wash., D.C. 20210.